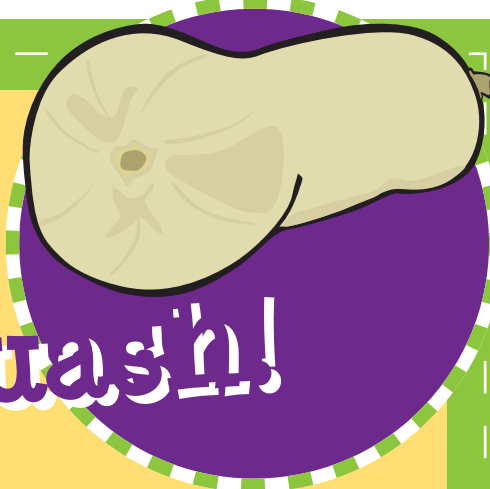


# In Season:



# Butternut Squash!



## NUTRIENTS IN BUTTERNUT SQUASH:

Vitamins: A and C.

## SELECTION:

Choose squash that is heavy for its size without bruises or soft spots.

## STORAGE:

Store in a cool, dark place for up to a month. Once cut, refrigerate unused portion.

## QUICK FIX TIPS:

- For easy preparation, wash a whole butternut squash. With a heavy knife, cut off stem end, then slice "neck" into pieces about two inches thick. Peel each piece and the "bowl" using a vegetable peeler. Scoop out seeds with a spoon. Cut into cubes.
- Add peeled cubes of butternut squash to any casserole, soup, or stew.
- Roast peeled butternut squash with a little cooking oil and seasonings at 400°F for 45-60 minutes. You will have a flavorful side dish.

## Beans & Butternut

**Prep Time:** 20 Minutes  
**Serves:** 8

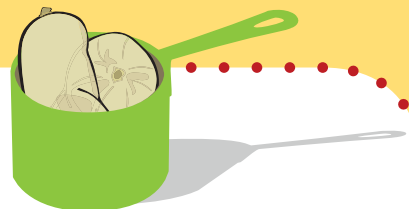
### Ingredients:

- 3 cups 1-inch cubed butternut squash
- 1 tbsp canola oil
- ½ medium onion, chopped
- ½ tsp ground cumin
- ¼ tsp cinnamon
- ½ tsp salt
- 1 can (15½ oz.) black beans, rinsed and drained

**Cups of Fruits & Veggies per Serving:** ½

### Preparation:

1. Place squash in microwave-safe dish.
2. Add ¼ cup water and microwave on HIGH until soft--about 7 minutes.
3. Heat oil in large skillet over MED heat.
4. Sauté onions for 5 minutes. Add remaining ingredients and stir to combine.
5. Heat through.



### Nutritional Information per Serving:

Calories:89; Total Fat:2.3g; Dietary Fiber:4g; Sodium:317mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

Your Logo Here